

THE LATTER-DAY SAINTS'
MILLENNIAL STAR

ESTABLISHED IN 1840

“But he truly gave unto them bread to eat, and also wine to drink. And he said unto them: He that eateth this bread eateth of my body to his soul; and he that drinketh of this wine drinketh of my blood to his soul; and his soul shall never hunger nor thirst, but shall be filled.” BOOK OF MORMON, 3 NEPHI 20: 7, 8.

No. 29, Vol. 91

Thursday, July 18, 1929

Price One Penny

PROBLEMS OF LIFE*

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WHAT AM I?

THE PERSONAL and spiritual ego, the intelligent entity which we designate as “I”; the existent thing of which each human being is conscious as being “Myself”; existing independently from all other similar personages, endowed with inherent power to will, act, reason and speak to the extent of the individually possessed ability, whom we designate as “ME”; what is IT? Scientific research has demonstrated that the material, inorganic universe, in its multitudinous forms, has been evolved from primal elements which have always existed; they were not created. Those primal elements rank with *Time*, which has had no beginning and can have no end; the same fact applies to *Space*; it is limitless. Research has not been able to determine the origin of the *Life* that is manifest in human beings, animals and plants. Life is the known existent property of all living things, and we name it Spirit, for lack of a more expressive term. Spirit, however, although unseen by the mortal eye, is a tangible but ethereal substance which, like the primal, inorganic elements has eternally existed, in specific forms.

David, the Israelite king, said (1 Samuel 18: 18): “Who am I, and what is my life?” Paul gives what we might call a terse

*One of a series of three articles written by the author, now eighty-six years of age, for the benefit of a young friend in whom he is much interested.

answer to that query, in his epistle to the Romans, 8: 10: "The Spirit is life;" or, we may say, life is manifest through the spirit. As stated in 2 Corinthians 3: 6: "The spirit giveth life." In John 6: 63, we find: "It is the spirit that quickeneth." James states, 2: 26: "The body without the spirit is dead." The life, which we know is possessed by the spirit of man, as also his intelligence, his power of perception, reason and other mental attributes, we very properly acknowledge, come from God, our Heavenly Father, as stated in Genesis 2: 7: "The Lord God formed man . . . and breathed into his nostrils the breath of life." Job said—32: 8—"There is a spirit in man: and the inspiration of the Almighty giveth them understanding."

RELATIONSHIP OF SPIRITUAL AND MORTAL SELF

The life-spirit of each individual man and woman must needs have a medium by which to manifest the life and develop the intelligence imparted by the Almighty. That medium is the spiritual body, begotten by Heavenly Parents, even as Jesus the Christ was begotten. From the scriptures—Col. 1: 15—we learn that Jesus was the "Firstborn of every creature," *in the spirit*, and—John 3: 18—the "Only begotten Son of God," *in the flesh*. As stated by John—1: 2—He, Jesus, "was in the beginning with God"—that is, He was first of all the spirit children of our Heavenly Father. The supremacy of Jesus Christ is also shown in Paul's epistle to the Colossians, 1: 15-18: "Who is the image of the invisible God, the firstborn of every creature: For by him were all things created, that are in heaven, and that are in earth, visible and invisible . . . all things were created by him, and for him: And he is before all things . . . And he is the head of the body, the church: . . . that in all things he might have the preeminence."

Numerous sayings of our Lord, Jesus Christ, which are found in the New Testament, clearly show that all human beings bear the same spiritual relationship to God that Jesus always emphatically claimed for Himself—namely, that God is the Father of our spirits, in which is the intelligence that we each possess. "Our Father which art in heaven," are the first words of the prayer He taught His disciples, and "Father" is the hallowed name He most frequently used in all His allusions to the Almighty God, not only in designation of His own relationship to the Supreme Being, but also as applied to all mankind, whom He claimed as His brethren and sisters. Neither can that most filial word, Father, as so often lovingly uttered by our Elder Brother, be regarded as a merely figurative expression; it was always clearly evident that He meant it for an actual, not figurative, declaration. He was in very deed a *Son* of the Most High, in His Spirit, just as He also was a *Son* when His spiritual body was combined with His earthly tabernacle, when born of His divinely selected mother, in the flesh.

Like unto Jesus the Christ, all mankind, who have ever lived on this earth, have had a spiritual birth and an earthly birth. There is, however, a vast difference in the birth, on earth, of the Messiah and all others; He was begotten on earth by the Father of His Spirit, our Heavenly Father, and His mother, on earth, was the virgin Mary; but the mortal bodies of all the rest of us have had earthly fathers, a supreme distinction.

The attributes or qualities which our spirit now possesses are, doubtless, what were mostly developed in the preexistent state. For instance, if we naturally have musical or artistic ability, inventive genius, poetic nature, literary qualification, governmental power, etc., such attributes have been transmitted with our spirits, from the celestial world in which our spirits were born.

DEGREES OF DEVELOPMENT AND KNOWLEDGE

It is natural to imagine that in that heavenly world we gradually developed our faculties, attained maturity, increased in knowledge, and became able to perform such duties or tasks as may have been assigned unto us. It is inconceivable that we were not actively employed in some useful pursuits. In that condition we must have experienced need for bodily and mental activity, much as we see evidenced in our life here on earth, for growth and development. It would be but natural that our Heavenly Parents should desire that their offspring might become like unto themselves, therefore they would provide opportunities and means whereby their children might attain the knowledge and power that would qualify them to ultimately reach that great and glorious destiny, circumscribing eternal life, endless increase in wisdom, power and dominion.

Doubtless there were as many degrees of difference in the character and capabilities of God's children, while in their spiritual state, as are manifested by them in this earthly probation. Those who are, or have been, distinguished on earth as leaders in government, philosophers, prophets, inventors, poets, artists, musicians, etc., must have developed those attributes and qualities in the long-continued, preexistent, progressive state. God said to His servant Jeremiah—Jer. 1: 5—"Before I formed thee in the belly I knew thee . . . I sanctified thee, and I ordained thee a prophet unto the nations." God's knowledge of the formed character of Jeremiah, before his birth on earth, is ample evidence that He assuredly knew the developed character of each and all who constituted the host of His children in the heavens.

We must also assume that the whole material universe, with which we are associated, has also had first a period of spiritual organization. The first chapter of Genesis is an account of the ethereal, spiritual creation of this earth and all that is therein, including mankind; the second chapter recounts the solid, material

creation. As stated in 1 Corinthians 15: 44: "There is a natural body, and there is a spiritual body." Colossians 1: 16 reads: "By him were all things created, that are in heaven, and that are in earth, visible and invisible." I understand that the words "visible and invisible" mean material or temporal, and spiritual. Paul wrote—Hebrews 11: 3—"Things which are seen were not made of things which do appear."

That it was possible for some evil propensities to develop in many of God's posterity, although in a condition of comparative innocence, in the presence of Holy Beings, is evident in the Scriptural references to Lucifer and his adherents. We read in Isaiah 14: 12-14: "How art thou fallen from heaven, O Lucifer, son of the morning! . . . Thou hast said in thine heart, I will ascend into heaven. . . . I will be like the most High," etc. Also Revelation 12: 7-9, "And there was war in heaven: Michael and his angels fought against the dragon. . . . And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him."

SELF-EXPRESSION—FREE AGENCY

These quotations concerning the rebellion of Lucifer, one of the most prominent of our older brethren, "a son of the morning," furnishes us a key to that frightful occurrence, and to the wondrous fact that each and every individual possesses the power of self-will—that is, the ability to determine what action to take in connection with anything that he may contemplate, whether it be good or evil. The greatest manifestation of this inherent right and power of self-will that has ever been shown in the history of God's spirit children, with an evil purpose, was that which caused the expulsion of Lucifer, and a third part of heaven's host from the abiding place and presence of the Eternal Father.

Every living soul is conscious of possessing a marvelous power of self-expression, the inherent power to make choice between any two or more different things that may be presented for consideration or action thereupon. That attribute, which is constantly manifest in all human beings upon this earth, is a continuance of what was developed in our preexistent state. Failure to control self according to righteous principles, and yielding to selfish desire, caused Lucifer and his adherents to exercise their right and power of choice, and to knowingly commit the unpardonable sin of rebellion against Almighty God, and His eternal, wise, universal government.

Alas! The fearful punishment inflicted upon Lucifer and his coadjutors—endless banishment from the presence of God the Father, and from the abode of celestial beings—has not yet proven a sufficient lesson to all mankind; there continues to be many who fail to control their self-will in some of the things

presented for their choice, and they succumb to the temptation of desire or selfish motive and, unthinkingly sometimes, choose to say or do the evil thing. Of course, the degree of evil entailed determines the degree of punishment in all things, temporal and spiritual. It should be remembered that the extent to which self-control is exercised, law obeyed, and good is chosen and *done*, merits and receives the approval and reward of our Heavenly Father.

WHAT I AM

I will not further pursue the task of offering satisfactory answers to the question: "What Am I?" The pursuit could, of course, be greatly extended. I am aware that I have presented the matter in rather a rambling form, but what I have thus far written represents, as clearly as I can, my acquired knowledge and views on the subject. I hope, however, that you will agree with me that the statements submitted are profoundly impressive, conveying as they do the positive assurance of the marvelous fact that we—all mankind—are the spirit children of the Creator of this vast universe, which includes the earth on which we now dwell in a condition of mortality. Therefore, in view of the facts and reasons which I have endeavoured to convincingly set forth, I feel that we should regard the question: "What Am I?" as having been answered soul-satisfyingly, according to the sublime truths revealed in the Holy Scriptures.

You will find the texts of the following noted quotations of scripture are in line with others stated in the foregoing pages: Proverbs 8 : 21-30; Hebrews 1 : 2; John 1 : 3; John 5 : 17; Job 38 : 4-7; Hebrews 12 : 9; Matthew 6 : 9; Zechariah 12 : 1; John 16 : 28; Genesis 1 : 27; Psalms 82 : 6; 36 : 9; Ephesians 1 : 4; Romans 11 : 2; 2 Timothy 1 : 9; Genesis 2 : 5-7; John 9 : 2; Jude 1 : 6; Romans 8 : 16, 17.—From the April 16th, 1929, issue of the *Liahona*.

RELIEF SOCIETY

BOOK OF MORMON STUDIES

For the first lesson in August

WITHIN a few short chapters now we follow the Book of Mormon peoples on the American continent from the uppermost height of their peace, glory and righteousness, down almost to the lowest depths of their carnal depravity. The entire book of Fourth Nephi and the first three chapters of Mormon are to be considered for this lesson.

Fourth Nephi allows us just to glimpse at a heavenly picture upon which our eyes would gladly linger. It gives us just a hint of the peace, happiness, prosperity, contentment and abundant living

that come to men and women when they follow the plan the Lord has given them. It convinces us that all sin and misery is a result of disobedience to the law of heaven. It lets us know that all evil known to us is man-made and devil-inspired.

For two hundred years the Nephites lived in a blessed state, having all things in common and working only works of righteousness. Such a condition has no parallel in Holy Writ, nor in world history, to our knowledge. We almost lose patience with the historians who did not leave us more of the details of this period of peace, and fewer of the intricate details of war. Yet their writings are valuable, and to some good purpose, we may be sure.

Even unbroken peace seems to become monotonous to foolish mankind. It did to the Nephites, and so they had more wars, caused by pride and petty differences. At least their experience of the two hundred years proves to us that the Lord's plan is perfect, if men will let it work.

QUESTIONS

1. Tell of the effect the visit of the Saviour had upon the lives of the Nephites for two hundred years. Was it the same in Palestine? Why?

2. Name the chief factors that contributed to the peace and happiness of the Nephites during the two hundred years. Could they be used to-day? Would they bring the same results? How?

3. What type of men and women does it require to have successfully "all things in common?" What has caused all such attempts to fail ultimately till the present time?

4. Note that as soon as wickedness became widespread, the servants of the Lord were persecuted and cast into prison. In what way has this always been true? Give examples of early Christian days. Give examples from Latter-day Saint history.

5. Trace the history of the sacred records between two hundred and three hundred twenty-two A. D. Why and how were they preserved throughout in spite of public conditions in the land? Are they fulfilling the purpose, in part at least, for which they were preserved? How?

6. Why did Mormon refuse to lead his people to war? What is the difference in the sight of God and man between a "defensive" and an "offensive" war? Discuss.

R. L. E.

WORD OF WISDOM LESSONS (No. 8)

For the third lesson in August

THE "PROTECTIVE" FOODS

NOTE: The facts given in these lessons are gleaned from the very latest sources of information. Dr. R. H. A. Plimmer, D.Sc., London, whose book, *Food, Health, Vitamins*, was published in 1928, has been frequently quoted; others as noted. Experiments are constantly being made in all civilized countries, and our knowledge concerning food is

increasing from year to year. The statements here made are fundamental, however, and though they may be changed somewhat, will probably never be set aside.

The Lesson of History. Throughout all the long ages of history, man has unconsciously constituted his life an experimental laboratory for the testing of the values of different kinds of foods. During certain periods and in certain groups, he has lived long and well; other groups—those traveling at sea in ships, for instance, or engaged in unnecessary warfare or in lands where over-population exists—have suffered ravages of incomplete nutrition and various kinds of diseases. A few generations ago seamen discovered “fresh” foods, especially lemons, prevented the dread disease scurvy. They did not know why.

More recently, as the “craze” for white foods developed and men found that to store and transport foods over long distances they must refine them (to avoid spoiling), certain other diseases have developed. In Japan, for instance, where the diet is chiefly rice, it was found that as the people persisted in eating polished instead of natural rice, a form of nerve disease and general paralysis became more and more prevalent. If fed the “polishings” of the rice in time, they could be cured. Then scientists began to investigate thoroughly that they might answer the question: “*Why?*”

They have discovered that if man tries to live on refined, commercially prepared foods, he soon succumbs to disease and death. If he eats natural foods, as they come from Mother Earth, he may live and be strong. These foods may well be called “protective foods.”

Vitamins. After countless and varied experiments the world over, it is known to-day that natural foods contain unknown substances of vital importance to health. These substances are called *vitamins*.* “Vitamins are organic substances of unknown composition necessary in a complete and wholesome diet for the normal functioning of the body. They act as chemical stimulants, pervading the body through the blood stream, bringing abundant life to the individual, and if deficient causing serious disability or death.”† Up to date they have not been analyzed by the chemist, for they are destroyed by the ordinary processes of chemical analysis. Though present in minute quantities, they are absolutely essential for growth and health.

(Continued on page 457)

*“The word is derived from *vita*, meaning *life*, and should be pronounced *vy-ta-min* and not *ritta-mine*.”—*Food, Health, Vitamins*, by R. H. A. Plimmer, D.Sc., London, page 11.

†Mary E. Loder, member of staff of Highland Hospital, Rochester, N. Y., from *Correct Eating*, for November, 1928.

THURSDAY, JULY 18, 1929

EDITORIAL

THE LORD'S SUPPER

THE ANCIENT LAW of burnt offerings and sacrifices, given as a symbol of the sacrifice of the Lamb of God, was fulfilled at Christ's death. In its place, just prior to His crucifixion, Jesus gave to His Apostles the covenant and ordinance of the holy Sacrament. Gathering His anointed ones about Him for counsel and instruction, He "took the cup, and gave thanks, and said, Take this, and divide it among yourselves. . . . This cup is the new testament in my blood, which is shed for you." Then "he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me."

The substance He gave them was bread and wine—not his actual flesh and blood, for He was with them, inhabiting His mortal body at the time. The bread and the cup were simple, visible signs that could easily be understood and remembered; tangible symbols of His sacrifice—red wine to represent His blood, broken bread to represent His body. These outward symbols were to remind His followers through the years that He died for them. By the same token the disciples with whom He conversed on the way to Emmaus, recognized Him as their beloved Master, when "he took bread, and blessed it, and brake, and gave to them."

It was to His twelve Apostles, His commissioned servants who held the holy Priesthood, that Jesus gave the authority to administer the Sacrament. To those who had power to bind and seal on earth and in heaven, He said: "This do in remembrance of me." That same authority to act in the name of God for the benefit of man must be held to-day by those officiating in this as in any other ordinance of the kingdom of God. Only those who have received such authority have any right so to administer and officiate, and then only under the direction of those who hold the keys of the Priesthood, who are in charge of the Sacramental service.

Concerning those to whom the Sacrament should be given, Christ said to His Nephite disciples: "Behold there shall one be ordained among you, and to him will I give power that he shall break bread and bless it and give it unto the people of my church, unto all those who shall believe and be baptized in my name." It

shall be in "remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you." Likewise, of the wine He said: "This shall ye always do . . . in remembrance of my blood, which I have shed for you." To those who have entered into the covenant of baptism, by immersion, for the remission of sins, who have become members of the Church of Jesus Christ, through His name and authority, the Sacrament is given to-day.

We should not partake of the Sacrament unworthily. If anyone has trespassed, or broken his covenant to keep the laws of God, the Sacrament should be withheld from him until he makes restitution. The Lord has said: "Ye are also commanded not to cast any one who belongeth to the church out of your sacrament meetings; nevertheless, if any have trespassed, let him not partake until he makes reconciliation." "See that ye partake not of the sacrament of Christ unworthily; but see that ye do all things in worthiness, and do it in the name of Jesus Christ, the Son of the living God; and if ye do this, and endure to the end, ye will in nowise be cast out."

To remind us of the sacrifice of our Redeemer and of our debt to Him, the Sacrament was given; it came through those who held the authority to administer the ordinances of the Gospel, to the members of the Church of Jesus Christ, in ancient and modern times. When we partake of it, we "must remember and be sure, our hearts and hands are clean and pure." It is our duty to check up on ourselves and to see that we keep the covenants we have made with the Lord, that we may observe the spirit as well as the letter of the law of the Sacrament.

WESTON N. NORDGREN

RELIEF SOCIETY

(Concluded from page 455)

"At least five vitamins have been clearly distinguished and there appear to be others. For simplicity they are called A, B, C, D, and so on. If any one of them is absent from the food for three or four months, serious bodily derangement is the result; the disuse of all of them would cause death in a short time. One vitamin cannot be substituted for another (as in other classes of food) . . . Each vitamin must be considered individually.*"

"One of the most important facts about vitamins is that they cannot be made in the human body and must therefore be supplied in the food. They are produced in plants, and vitamins found in animals have come from plant food. Vegetarians have

**Food, Health, Vitamins*, by R. H. A. Plimmer, D.Sc., London, page 11.

one advantage over meat-eaters—they get their vitamins direct from the plants. Very few foodstuffs contain all the vitamins.* So for safety, *all* vegetables and fruits should be eaten if one is to keep the body in a state of health.

Vitamin A. Green plants are the chief source of vitamin A. It is formed in the green leaf through the action of sunlight. When it occurs in animal fats it has come there through the animal's food. Certain animal fats, therefore, in addition to green vegetables, are also a source of this precious vitamin. Such are cod liver oil, fresh butter or cream, egg fat, kidney fat and the yellow fats of animals. However, spinach has been found to contain three times as much vitamin A as butter, and cod liver oil, many, many times more. Fresh butter or cod liver oil as well as green vegetables—tomatoes, cress and raw cabbage—are greatly needed in the diet. Cod liver oil is needed in the formation and keeping of good, strong teeth, since it probably contains vitamin D as well as A. Ordinary margarine and vegetable oils do not contain it. Animal margarine may contain it, but if eaten, it should be guaranteed to contain vitamin A. If any fat is allowed to go rancid, the vitamin is destroyed; it is also destroyed if heated. So for health, some raw green food should be eaten every day. Eye trouble, infection of lungs and digestive tract, result from the lack of vitamin A.

Vitamin B. Vitamin B was the first vitamin to be discovered and is found in bran, middlings, dried peas, beans, lentils, whole meal flour, whole rice, barley, oatmeal, egg yolk, nuts, onions, turnips, yeast, whole fresh milk, the animal glands such as liver, heart, kidney, sweet-breads and brain. "Nuts have a high content of vitamin B and their price is usually reasonable from the point of view of their food value."† Its best sources are the green leaves and growing parts of plants and cereals, especially in the germ (which is unfortunately removed in most milling processes). This vitamin is not so easily destroyed by heat or cold as are others, unless cooked with salt or soda; for that reason *this practice should be abandoned*. We should also refuse to take the ordinary refined cereals and foods which have been robbed of this precious life-sustaining ingredient. If absent from our food, there results an inflammation of the nerves and a weakness which leads to complete paralysis of the muscles. Its absence also retards normal growth.

Vitamin C. This vitamin is found in citrus fruits—oranges, lemons, grapefruit—tomatoes, sprouting grains, green, leafy plants—celery, lettuce, cress, cabbage—swedes, beans, marrow, bananas, raspberries, blackberries, peaches, pineapples, raw summer milk (if cows are fed on pastures), raw liver and potatoes.

**Food, Health, Vitamins*, by R. H. A. Plimmer, D.Sc., London, page 12.

†*Food and Health*, by A. B. Callow, page 54.

This vitamin will not stand heat or freezing, and is the most difficult to obtain unless the food is eaten fresh, and much of it uncooked. That which is cooked should not exceed twenty to thirty minutes, and never with soda and salt, which destroys this vitamin also. If vegetables are cooked without access to air, the vitamin may be preserved; so it is found, in small quantities, in certain brands of tinned tomatoes. Ordinary cows' milk is deficient in this vitamin except where the cows are given green food or are grass-fed; so bottle-fed babies should be given orange juice or strained tomato juice in addition to whole milk and their other food.

If vitamin C is absent, the dread disease scurvy results, and in lesser degree, skin hemorrhages, with general weakness and body deficiency. These were the foods lacking from ships' crews' supplies, and even from the landsmen's diets in the past, which caused scurvy to become the dread of men—for few escaped its fury. Scurvy is now gradually becoming exterminated. All forms of skin sickness could also be avoided and cured by the use of the right diet.

Vitamin D. Vitamin D occurs in most of the foods which contain vitamin A, except heart and kidney. Cod liver oil, beef suet, butter and eggs are especially good. Direct sunlight has a peculiar effect on this vitamin, as in curing diseases which result from its lack. If milk or vegetable oils are exposed to the direct rays of the sun for a certain period, these foods have the same effect in the body as the vitamin would have. This light is ineffective if passed through ordinary window glass; one must have the sunlight direct—in the open.

The lack of this vitamin in the food produces "the most obvious of the diseases due to badly-chosen diet, which is rickets. Bow legs are a common deformity of those who have suffered from rickets. . . . It is not entirely a disease of the bones, but affects the whole body."* The muscles, the ligaments, the bones and the entire nervous system become affected. It is one of the most prevalent diseases in this country, and is entirely due to poor food and lack of sunshine. Those who are affected usually eat far too much of the starchy and sweet foods—white bread and pastry—"made dishes," instead of the foods made by nature. The money spent for bread and pastry should be spent for the foods named above, with the vegetables and other natural foods predominating.

Vitamin E. "Like vitamins A and D, vitamin E also occurs in fats, but is present in some vegetable oils which do not contain these other two vitamins."† It is most abundant in the germ of the wheat and other cereals, and also in green leaves of plants. "So far as the nutrition of man is concerned, the ordinary mixed

**Food, Health, Vitamins*, by R. H. A. Plimmer, D.Sc., London, page 54.

†*Ibid.*, page 12.

diet of meat, eggs, green leaves and whole seeds supplies plenty of it.”*

“Without this vitamin, growth is apparently normal, but sterility ensues.”† The reproduction of young and the easy lactation for nursing the young on the part of the mother is greatly lessened if this vitamin is absent.

Foods Having Few or No Vitamins. “Foods which do not supply vitamins if eaten at all should only be eaten in small amounts.”‡ Such are the following: Vegetable oils and margarines, nut butters; lard, pork and bacon fat; dried fruits, dried vegetables, all vegetables cooked with soda, any fruits or vegetables if cooked too long; jam, marmalade, fruit jellies; white flour and bread, cakes, biscuits, macaroni, and anything made with white flour; white sugar, white rice, pearl barley, corn flour, egg substitutes, sago, tapioca, syrup, treacle and coconut. This list you will see includes all the foods which are “doctored” by man, either to suit a perverted taste, or to enable them to be shipped from place to place without spoiling. If eaten, man pays the price sooner or later with broken health. We must learn to enjoy food prepared by Mother Nature—she is the best “cook,” for she knows her job. Preserved food or refined food is *never* good food.

QUESTIONS

1. What is meant by the term “protective foods?” Why should we have some foods to protect us against other foods?
2. What is meant by the term “vitamins,” and how were they discovered?
3. Tell what you can of vitamin A, and what follows the lack of it in the food. Relate all you can concerning vitamins B, C, D, and E.
4. What can you say about the foods which have no vitamins? Name them. Should they be eaten? How much?
5. What have you to say about the “craze” for “white” foods—white bread, white sugar, and all foods made of this combination?
6. Should man be governed in choosing food by his “likes” or by the needs of his body? Discuss this point.
7. What is the value of foods eaten “in the season thereof?” Explain why they should be eaten as fresh as possible, and with little cooking or none. What do you think of the custom of adding salt and soda to vegetables while cooking?
8. In the light of this knowledge, what testimony comes to you regarding the Word of Wisdom which was given to the world nearly one hundred years ago?

* L. D. W.

**Food, Health, Vitamins*, by R. H. A. Plimmer, D.Sc., London, page 67.

†*Food, and Health*, by A. B. Callow, page 45.

‡*Food, Health, Vitamins*, frontispiece.

BRITISH SONG WRITERS OF ZION

For the fourth lesson in August

HENRY W. NAISBITT

THE SUBJECT of this lesson was not only a native of this land, but he gave much active service to his fellow countrymen during his repeated missions here. Probably no son of Britain was better known throughout the land, or more deeply loved than was Brother Naisbitt. He had very meagre educational opportunities, but became through his own laborious efforts, a well-educated man. He was a great reader of historical and philosophical literature.

His was a fertile pen. He began early in life the defense of his people, both by word of mouth and by the use of his pen in poetry and in prose. As assistant editor of the *Millennial Star* from 1876 to 1878, he was a contributor to its pages. Who knows whether Brother Naisbitt helped to "make" the *Star* during that period of its history—or did the *Star* "make" Brother Naisbitt, or at least give voice to his literary gifts? From that period to the end of his life he was known far and wide for his choice literary contributions.

He has added many lovely hymns to our precious literature. Those for which he is best loved and remembered are sung usually as funeral hymns. Probably the best loved funeral hymn in all our literature is his: "Rest, Rest for the Weary Soul" (No. 31 in the *Songs of Zion*). The sentiments there expressed are positively uplifting:

Peace, Peace there is music's sound,
Peace, Peace till the rising sun
Of the resurrection morn
Proclaiming life's victory won.

Another well known gem has taken the form of a dedicatory hymn: "This House We Dedicate To Thee" (No. 135 in the *Songs of Zion*). This is well worth our study, and may well be sung at every dedicatory exercise.

A very lovely Sacramental hymn is: "We Here Approach Thy Table, Lord" (New *Latter-day Saint Hymns*, No. 54). Its beauty is unquestioned.

Three more of Brother Naisbitt's hymns are in the old Hymn Book: "How Swift the Months Have Passed Away," page 408; "O, What a Boon, The Sabbath Day," page 415; and "Throughout This Congregation, Lord," page 415. These last two hymns are also choice Sacramental hymns.

In psalm and song, may we as one
With praise on each glad tongue
Feel as 'twere heaven already won
And songs by angels sung.

QUESTIONS

1. Can you tell the class some story of Brother Naisbitt as told by someone who knew him personally when he was last in England?
2. From the sketch in the *Star* of July 4th, tell the interesting facts of his life.
3. What was his especial labour here while on his first mission? Tell all you know of that mission.
4. Enumerate Brother Naisbitt's accomplishments in the literary field.
5. What is the theme of most of his hymns? Discuss in class the poem in which it is found.
6. Of all the hymns studied, which one do you prefer? Why? Read it to the class. What can you say of Brother Naisbitt as a poet?
7. Choose one of the hymns and sing it together for your closing number.

L. D. W.

SUNDAY SCHOOL

THEOLOGICAL DEPARTMENT. Course: *Old Testament "C."*

August 4. Lesson 27. Ezekiel. Texts: Sunday School Lessons, No. 27; The Book of the Prophet Ezekiel; Kent's, *The Kings and Prophets of Israel and Judah*, pages 267-279; Cornill, *The Prophets of Israel*, pages 115-124. Objective: To teach the facts and significance of the Babylonian captivity.

August 11. Lesson 28. Ezekiel (continued). Texts: Sunday School Lessons, No. 28; The Book of the Prophet Ezekiel; Pratt's *The Voice of Warning*, chapters 2 and 4. Objective: To point out Ezekiel's doctrines; to stress the significance of Ezekiel's prophecies in the history of the Church—the Last Dispensation.

August 18. Lesson 29. Haggai. Texts: Sunday School Lessons, No. 29; The Book of Haggai; Willett, *The Prophets of Israel*, page 128; *Encyclopædia Britannica*, Vol. 12, page 814. Objective: To show the effects of the captivity upon the thinking of the people and the development of the prophetic ideal.

August 25. Lesson 30. Zechariah. Texts: Sunday School Lessons, No. 30; The Book of Zechariah; Willett's, *The Prophets of Israel*; *Encyclopædia Britannica*, Vol. 28, page 962. Objective: To show the place of the Prophets and prophecy in the development of the Post-Exilic church.

INTERMEDIATE DEPARTMENT. Course: *New Testament "A."*

August 4. Lesson 26. The Transfiguration. Texts: Sunday School Lessons, No. 26; Mark 9: 2-13; Weed's *A Life of Christ for the Young*, Chapters 39 and 40. Objective: Those chosen to be leaders in the work of the Lord receive such manifestations as the needs of the work require.

August 11. Lesson 27. The Feast of Tabernacles. Texts: Sunday School Lessons, No. 27; Luke 10: 38-42; John 7: 1-52; 8: 12-30; 9: 1-41; Weed's *A Life of Christ for the Young*, chapters 42, 43 and 44. Objective: A testimony of the divinity of Jesus

and the truth of His teachings may be obtained and retained by those who do the will of the Father.

August 18. Lesson 28. The Lord's Prayer. Texts: Sunday School Lessons, No. 28; Matthew 6: 5-18; Weed's *A Life of Christ for the Young*, Chapter 46. Objective: To teach that prayer should be simple, direct and sincere, including a willingness to assist in bringing about a realization of the will of God.

August 25. Lesson 29. The Story of the Good Samaritan. Texts: Sunday School Lessons, No. 29; Luke 10: 25-37; Weed's *A Life of Christ for the Young*, Chapter 47. Objective: Service to God is not accomplished by wordy professions, but by our acts in behalf of our fellows who may need our services.

PRIMARY DEPARTMENT. Course: *Primary*.

August 4. Lesson 28. Clean Words. Texts: Sunday School Lessons, No. 28; see the story: "The Knights of the White Armour," in "Children's Section," page 358, *Juvenile Instructor*. Objective: "Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain."

August 11. Lesson 29. Ruth and Naomi. Texts: Sunday School Lessons, No. 29; The Book of Ruth. Objective: "Honour thy father and thy mother that thy days may be long upon the land which the Lord thy God giveth thee."

August 18. Lesson 30. A House of Worship in the Wilderness. Text: Sunday School Lessons, No. 30. Objective: Reverence for God and the Sabbath bring joy and spiritual growth.

August 25. Lesson 31. The Spies. Texts: Sunday School Lessons, No. 31; Numbers 13; 14: 1-26. Objective: Truth is mighty and will prevail.

—From the *Juvenile Instructor*

MUTUAL IMPROVEMENT ASSOCIATION

BRANCH MUTUAL IMPROVEMENT ASSOCIATIONS whose meetings fall on August 1st should follow the outlined preliminary program, slogan and lesson suggestions given in the July *Auxiliary Guide* and *Summer Program Bulletin* for the fifth night in July.

PRELIMINARY PROGRAMS. *First Night* (August 5th, Bank Holiday). The first Mutual meeting in August is allotted to District Out-door Contest Day. The July issue of the *Summer Program Bulletin* contains a detailed schedule of contests. To insure the complete success of your Branch M. I. A. teams, see that all preparations for the event are made in advance.

Second Night. Educational trip. A stranger once entered a famous Scotch city. He had traveled many days and scores of miles to see the world-famed castle there, which he knew contained rare relics of antiquity.

He inquired at a nearby shop and was informed by the obliging shop-keeper that the castle was "over the bridge, up the hill

following the tram-lines, and the first turn to the right." He followed directions, found the castle, and spent many hours there.

Upon his return to the city, he stopped to thank the shop-keeper, and remarked upon the beauty and interest of the place. The shop-keeper nodded his head, and said: "I have never been near the castle."

It is desirable and educational to visit such places of interest, especially in the cities in which we live.

Third Night. Opening exercises. Introduction to the slogan. The Bee-Hive girls can fill cells by taking part on the preliminary programs; at the same time, they can benefit themselves and fulfil one of their ideals—"Taste the sweetness of service." Arrange an appropriate twenty-minute program, with the help of the Bee-Keeper, consisting of a slogan talk, musical selection, and a demonstration of Bee-Hive skill.

Open Night. Opening exercises. Introduction to the slogan. See the August issue of the *Summer Program Bulletin* for the open night program.

SLOGAN: "We stand for LAW: For the people who LIVE it and the officers who ENFORCE it."

First Night. District Out-door Contest Day.

Second Night. Educational trip.

Third Night. The Law of the Priesthood: Give the essentials of Brigham Young's sayings "on Priesthood," *Millennial Star*, May 30th, 1929, page 350.

Fourth Night. The Law of the Priesthood: Discuss the important points of "The Power of the Priesthood," *Millennial Star*, June 6th, 1929, page 359.

LESSONS. Text: *M. I. A. Summer Program Bulletin*.

First Night. District Out-door Contest Day.

Second Night. Educational trip.

Third Night. Lesson 8. Objective: To teach that tithing is a law of God; that in this day it has been given by direct revelation to the Church membership, to be observed as His law of revenue; that obedience thereto has a direct influence upon the salvation of our souls in the kingdom of God.

Fourth Night. Open Night.

A. G. P.

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EDITED, PRINTED AND PUBLISHED BY JOHN A. WIDTSOE, 295 EDGE LANE

LIVERPOOL

FOR SALE IN ALL THE DISTRICTS OF THE CHURCH OF JESUS CHRIST OF
LATTER-DAY SAINTS IN GREAT BRITAIN